## Amendments to the Specification

Please amend paragraph number 0025 as follows:

In addition, as shown in Figure 4, the first portion 40 has a first height H<sub>1</sub> and the second portion 42 has a second height H<sub>2</sub> smaller than the first height H<sub>1</sub>. In particular, as shown, the first 40 and second 42 portions have a first height H<sub>1</sub> that is substantially uniform between the base and a top of the first portion 40. The second portion 42 has a second height H<sub>2</sub> that is substantially uniform between the base and a top of the ledge 48. Preferably, the first height H<sub>1</sub> is 3 to 5 times larger than the second height H<sub>2</sub>. The first height H<sub>1</sub> can range from 10-50 mm and the second height H<sub>2</sub> can range from 2-10 mm. Of course, any suitable height of the first 40 and second 42 portions can be utilized depending upon the desired application.